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ARCTIC WARRIOR

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SPARTANS RETURN TO THE FIGHT

Army Lt. Col. John Hinson, 725th Brigade Support Battalion, commander, and Command Sgt. Maj. Brian Morrison case their unit colors at the deployment ceremony for the 4th Brigade Combat Team (Airborne), 25th Infantry Division, at Sullivan Arena in Anchorage Tuesday. (U.S. Army photo/Staff Sgt. Matthew Winstead)

3,500 Soldiers of 4th Brigade Combat Team (Airborne), 25th Infantry Division, deploy for year in Afghanistan

By Army Staff Sgt. Matthew Winstead
 U.S. Army Alaska Public Affairs

Friends, family and Alaska community

leaders gathered at Sullivan Arena Tuesday as paratroopers of the 4th Brigade Combat Team (Airborne), 25th Infantry Division, formally marked the departure for the unit's latest combat mission to Afghanistan.

About 3,500 airborne-qualified Soldiers from the six battalions of the 4-25th are scheduled to leave over the next few weeks for the 12-month deployment.

Among the dignitaries on hand to wish the brigade a safe departure, mission and return were Gov. Sean Parnell, U.S. Army Alaska Commanding General Maj. Gen. Raymond Palumbo and U.S. senators Mark Begich and Lisa Murkowski.

In his remarks, Palumbo noted the high level of dedication from the entire Army since the attacks of Sept. 11, 2001.

Palumbo said the paratroopers of the

4-25 embody that commitment.

"(The) enemy no longer enjoys Afghanistan as a safe haven," Palumbo said. "4-2-5 (ABCT) is trained and ready to go."

Palumbo also spoke to the readiness and resilience of the family members remaining behind.

"We are aware of your sacrifices," Palumbo said. "We are aware of the sacrifices of your families. I'm often heard saying, 'Our mission at USARAK is to get the troops ready to deploy and their families ready to stay.' Well, 4-25 is trained and ready to go and their families – thanks to the support of the outside (community of Alaska) – is ready to endure and persevere."

As civilian leaders stepped up to speak,



Courtesy graphic

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Air Force units support 4-25 deployment to Afghanistan



Norman Lopes, 673d Force Support Squadron, hands Army Staff Sgt. Michael Wambsgans, 725th Brigade Support Battalion, a cup of soup while he waits inside the Joint Mobility Center Monday. Wambsgans was one of nearly 300 Soldiers to depart for Afghanistan that day. (U.S. Air Force photo/Senior Airman Christopher Gross)

By Senior Airman Christopher Gross
 JBER Public Affairs

Nearly 300 Soldiers from the 4th Brigade Combat Team (Airborne), 25th Infantry Division,

boarded a Boeing 737 at the Joint Mobility Center en route to Afghanistan Monday.

The departure marked the first step in the 4-25th's latest 12-month deployment.

More than 3,500 Soldiers are

expected to depart from JBER between Nov. 28 and Dec. 14.

"I think what this deployment shows is the great cooperation between our Airmen and our Soldiers and getting the mission done. We're just so proud to be a part of it and support them," said Air Force Col. Robert Evans, JBER and 673d Air Base Wing commander. "I just want them to know how proud we are of every one of them and how grateful we are for their service to our nation at a time when our nation desperately needs them."

The 673d Logistics Readiness Group is leading the logistics portion of the departure and this is a major difference between now and the brigade's last deployment, in February 2009.

When JBER was established more than a year ago, the combination of Army and Air Force transportation procedures played a big part in how the processing of personnel and equipment played out this time.

"Flexibility, cooperation and understanding," were huge com-

ponents of making the merge a success said Air Force Maj. Mark Lawson, 773rd Logistics Readiness Squadron, director of operations.

This is almost like an Air Force move, he said, it's kind of the same process but on a much larger scale.

It has taken a lot of hard work with some hiccups in the road, but nothing we haven't been able to overcome, Lawson said.

According to Stephen Dewan, 773rd LRS, this has been an overall smooth and very efficient process.

When the merge happened, Army and Air Force techniques were shared and incorporated into the best ways of accomplishing the mission.

Improvements were made to several processes; Dewan said an example of that is how they total the weight for the manifest.

The Air Force way combined the weights individually.

The Army way, the Soldiers load onto a bus with their belongings at the Joint Mobility Center and the bus drives onto a scale giving a weight, after that weight

is recorded everybody gets off and a second weight is recorded.

The second weight is then subtracted from the first one, this is done several times until everyone is accounted for giving them a final calculation of weight in 45 minutes.

Dewan said being under one headquarters has really helped smooth out the approval process of how things get accomplished.

During the brigade's last deployment the Army's transportation headquarters would need approval from the Air Force side.

Now that everyone falls under one unit, 773rd LRS, it's eliminated jumping through the extra hoops to get things approved.

The 773rd LRS isn't the only unit involved, ensuring the departure goes as smoothly as possible.

The 732nd Air Mobility Squadron is responsible for doing a joint inspection of the cargo, making sure it's ready and certified to go.

Airmen from the Air National

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JBER's not-so-northern lights

The JBER community may have seen these lights over the airfield Nov. 23. They weren't the Aurora Borealis; the lights are believed to be caused by runway lights shining through ice crystals. (U.S. Air Force photo/Chris McCann)

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3rd Wing command chief promotes comprehensive fitness

Commentary by Chief Master Sgt. Steven Bohannon
3rd Wing command chief

Resiliency has become a key concept across our Air Force.

But what exactly is resiliency? Why is it important and how does a person become resilient?

Resiliency is the ability to thrive in the face of challenges, cope with changing environments and situations, and bounce back from adversity.

Our military lifestyle presents our Airmen and their families with unique and sometimes difficult challenges.

Challenge, change, and adversity is certainly something we've become accustomed to, considering our engagement in nearly two decades of continuous warfighting and an operations tempo to go along with it.

Additionally, we can all agree our current fiscal environment isn't making our jobs any easier.

Unfortunately, in light of these challenges, our Air Force continues to see an increase in divorce, suicide and other negative trends.

Our Airmen and our Air Force are in need of more resiliency.

Here in the 3rd Wing we have the most diverse composite wing in Pacific Air Forces, maybe even the Air Force.

Our flightline is filled with billions of dollars worth of aircraft.

Our mission is absolutely critical. However, the most technologically advanced weapons systems in the world are nothing but heaps of useless metal without our most critical weapons system – you, the Airman.

Taking care of Airmen and their families is one of our wing's top

priorities, because without you the mission simply doesn't get done.

Every one of you is crucial to maintaining the joint base airfield as a combat ready extension of the battlefield and generating, deploying, and employing combat mission-ready air power.

To help build more resilient Airmen, our Air Force has adopted a cultural approach to taking care of our people – Comprehensive Airman Fitness.

Being comprehensively fit is being physically strong, mentally tough, emotionally steadfast, and spiritually at peace.

Airmen who reflect these qualities can withstand, recover, and even thrive in the face of changing demands.

We can be ready to face life's stressors by continuously building upon and refining our resiliency skills.

Physical fitness is meeting or exceeding fitness standards and leading a healthy lifestyle of exercise, good nutrition, and rest.

Mental fitness is attained by possessing strong coping skills, a positive self-image, and an optimistic approach to life.

Social fitness is a strong sense of belonging and connection to the people around you, be it coworkers, friends, or family members.

It's being able to develop and maintain trusted, valued relationships that are personally fulfilling.

Spiritual fitness is having a sense of purpose and meaning in your life.

It's a strong set of beliefs, principals or values that provide a sense of well-being and the will to keep going.

Comprehensive Airman Fitness isn't just about the Airman as the

name may imply.

It's also about taking care of our families, our entire Air Force family.

Our families are our biggest support mechanisms.

They sacrifice as much, maybe even more, than we do. If an Airman's home life is strong and healthy, they are focused and ready to accomplish the mission.

However, if things at home aren't going so well, the mission may suffer.

There is no question that our families are mission critical, and should be protected as the critical resource that they are.

We owe our Airmen and their families all the tools to build upon these four pillars of fitness.

There are programs on base through the Health and Wellness Center, Airman and Family Readiness Center, Family Advocacy, Mental Health, and the chapel.

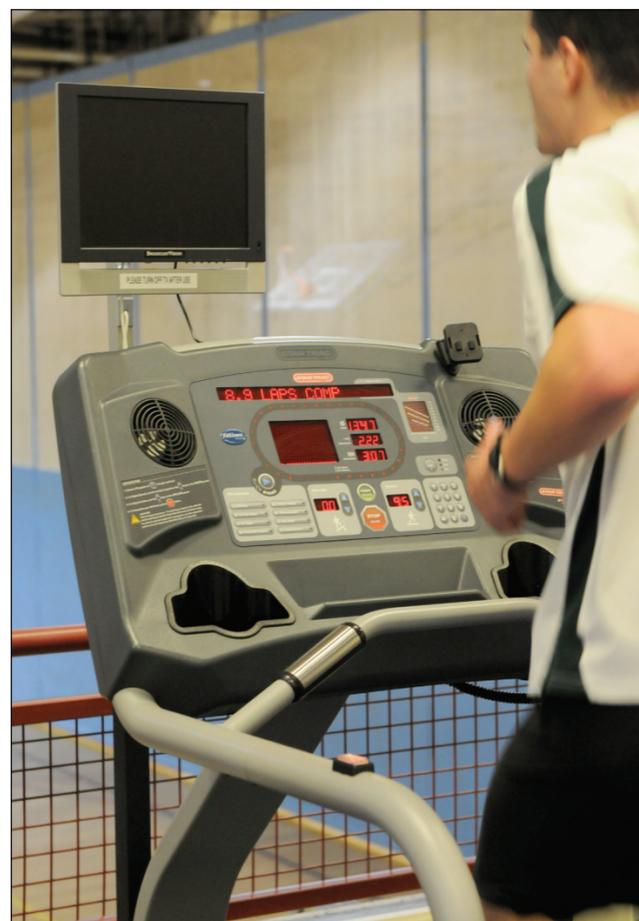
Sometimes people need a bit of guidance to find the right program to aid in the development of their personal fitness.

It's imperative that we take care of one another.

I challenge leaders at all levels, from first line supervisors to commanders, to slow down and really get to know your Airmen, actively seeking out opportunities to hear their stories.

If you know your people, you can detect changes in their fitness levels, and help them strengthen a pillar should one become weak. Know what programs are available and be sure to reference them when you feel it is required.

Taking care of our Airmen and families may be more critical now than at any other point in the history of the Air Force.



In this file photo, a runner uses a treadmill at the Elmendorf Fitness Center. Physical fitness is a key component in Comprehensive Airman Fitness. (U.S. Air Force photo/Steve White)

Comprehensively fit Airmen take care of themselves so they can support the mission, their family, friends, and fellow wingmen.

Resiliency is more than just a buzz word and Comprehensive Airman Fitness isn't just another program; it's the philosophy of taking care of each other and frankly,

there is nothing more important.

If you want to learn more about resiliency and Comprehensive Airman Fitness, I encourage you to contact our 3rd Wing resiliency experts, Air Force Master Sgt. Bryan Sullins at 552-4819 or Senior Master Sgt. Holly Jensen at 552-7969.

Christmas post office mailing deadlines near

Commentary by Ash McCall
armylive.dodlive.mil

There are officially 23 days left before Christmas!

While we hustle and bustle to put up our tree and buy gifts for the family, let us not forget about the men and women who will be deployed this season defending our country.

And while they may not be in the comforts of their own homes, we can send them a little "touch of the holidays" through care packages.

The Military Postal Service Agency has established a range of deadlines to ensure before-Christmas delivery of packages and letters to service members in deployed locations.

To get mail to a service member by Christmas at APO/FPO/DPO AE 090-092, 094-098, 340, or 962-966, the latest a package can be sent to arrive on time is Dec. 17

– that means senders have to pay for Express Mail. If senders have already got packages ready and they want to send earlier – and pay less – they can put them in the mail by Dec. 10 and pay for either 1st Class or Priority mail. Mail to APO/FPO/DPO AE 093 must be sent by Saturday, regardless of the class of mail service used.

Wondering what you should include in your care package this year? Check out some great ideas from various online sources.

Send your Soldier a small Christmas tree that they can decorate for themselves. Send lights that can be put on the tree as well as hung around their living area.

Be sure to pack fun ornaments that can be hung on the tree.

If you got your Soldier any small gifts for Christmas, wrap them up and write a note saying to put these gifts under the tree and they are not to be opened until Christmas morning.

Destination	Express	1st Class	Priority	PAL
APO/FPO/DPO AE 090-092	17 Dec	10 Dec	10 Dec	03 Dec
APO/FPO/DPO AE 093	N/A	03 Dec	03 Dec	01 Dec
APO/FPO/DPO AE 094-098	17 Dec	10 Dec	10 Dec	03 Dec
APO/FPO/DPO AA 340	17 Dec	10 Dec	10 Dec	03 Dec
APO/FPO/DPO AP 962-966	17 Dec	10 Dec	10 Dec	03 Dec

Courtesy graphic

North to Alaska, a military career begins in unexpected territory

Commentary by Airman 1st Class Ty-Rico Lea
JBBER Public Affairs

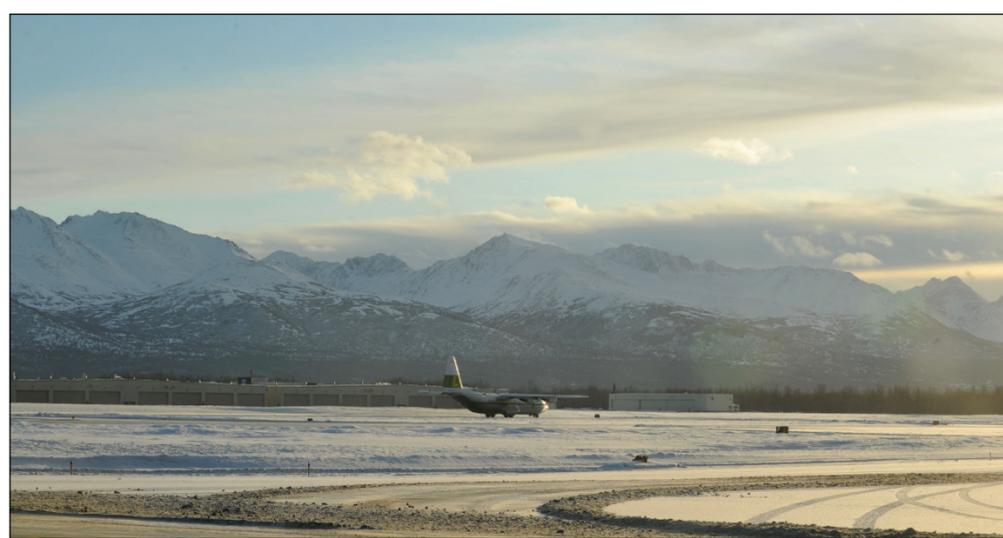
Do you remember the feelings you had when you were fresh out of basic military training and you thought to yourself "Wow, I'm definitely going places now," only to find out your assignment wasn't exactly what you were looking forward to?

My situation seems funny as I analyze it. I'm originally from Washington, D.C., and my Air Force technical school was only miles away. After leaving Lackland, Air Force Base, Texas, upon completion of basic, I was absolutely thrilled to be right near my hometown.

It was fun being able to go home on the weekends and sleep in my own bed. While my technical school was only 60 days, it seemed to last a lifetime.

My three bases of choice were Andrews Air Force Base, Md., Joint Base Anacostia-Bolling, Washington, D.C. and Kadana Air Base, Japan, but instead, I was sent to Joint Base Elmendorf-Richardson.

My initial thought was overwhelming joy, which quickly



A C-130 Hercules prepares for takeoff at the Joint Base Elmendorf-Richardson airfield, Thursday. (U.S. Air Force photo/Airman 1st Class Ty-Rico Lea)

turned into disappointment upon arrival as I was greeted with harsh winds and a foggy atmosphere.

But luckily for me, I met a great Air Force public affairs staff who greeted me with laughs and open arms, something rarely presented in workplaces.

JBBER has offered a great deal of fun activities and volunteer work to get out and about among

the base population. I've done work ranging from fund-raisers to holiday-themed events.

I was fortunate enough to participate in the 11th Air Force change of command ceremony.

It was such an honor to be a part of the event; being able to witness the changing of the commander for Alaskan Command, 11th Air Force, Alaskan North American

Aerospace Defense Command Region and Joint Task Force-Alaska. The event was breathtaking.

Seeing such a tradition take place drives me to become that same figure some day.

Various wilderness sports are offered here to include fishing, hunting and mountain climbing.

Though I was not fortunate enough to take part in any big game

hunts or anything of the sort, I'm sure more of the "outdoorsy" types will take full advantage of it.

Alaska is home to people who will greet you with a smile.

Although Alaska's snowfall can be abundant in the winter and fall seasons, residents take full advantage of it by participating in winter skiing and snowboarding programs organized by JBBER.

It's a great opportunity for the young first-term Airman to go out and mingle with others to build bonds and find what one may have in common with another.

I can surely say it has helped a lot of Airmen I know.

People had suggested I try the halibut sandwich when I first arrived in Anchorage.

Alaska's halibut sandwich is highly recommended to fresh new Airmen and happens to be my first Alaskan meal, which I wasn't the least bit disappointed by.

So in the end, Alaska is really working out for me and I'm getting exactly what I thought the United States Air Force would offer me, just in a different location.

It's just like one Airman told me – "Your first base is what you make of it." I've never heard truer words spoken.

ARCTIC WARRIOR

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Soldiers from 4th Brigade Combat Team (Airborne), 25th Infantry Division, participate in the unit's deployment ceremony at Sullivan Arena, Anchorage, Tuesday. The 4-25 ABCT "Spartan Brigade" will deploy 3,500 Soldiers on a series of flights in November and December en route to Afghanistan. (U.S. Air Force photo/Staff Sgt. Sheila deVera)

Spartans

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each commented on the professionalism and selflessness of 4-25th Soldiers.

"The members of the 4-25th have played a significant role in our national defense," Begich said.

"While you are gone we know that is our job to stand up for you and your families just as you have stood up for us. I commit to you today, that I will always make the needed decisions to ensure your units have the operational security they need to complete their missions and to ensure the welfare of your families."

Murkowski described the deploying members of the unit as members of the Alaskan family and expressed her wishes to be there on a personal level.

"We could have either been in (Washington) D.C. talking about you today, or we could have been here with you in person. Either way, Alaskan values dictate that you drop everything when members of your family need you," Murkowski said. "The Alaska community is there for you. You are a cut above the rest, consummate professionals and truly modern day embodiment of the ancient warriors of Sparta. And to your family members back home, if you are ever at a loss of what to do and you just feel overwhelmed, call me. Call Lisa, we are here for you."

Commander of the 4-25th, Col. Morris Goins, addressed the formation and audience.

He welcomed them, thanked them for their support and spoke about the training and dedication of the men and women under his command.

After some words to the families praising them for their support and sacrifices during the past year of preparation for deployment Goins turned to face his unit and asked them a simple yet highly symbolic question.

"Spartans, what is your profession?" Goins asked.

Just as in the movie from which the question was quoted ("300," a 2007 fictionalized retelling of the Battle of Thermopylae), the paratroopers' thunderous response left no room for doubt.



ABOVE: Army Col. Morris Goins, 4th Brigade Combat Team (Airborne), 25th Infantry Division, commander, salutes prior to casing the unit colors, during the 4-25th's deployment ceremony at the Sullivan Arena Tuesday. The 4-25th ABCT, "Spartan Brigade," will deploy 3,500 Soldiers on a series of flights en route to Afghanistan in the unit's third deployment since 2005. LEFT: Gov. Sean Parnell speaks to Soldiers of the 4th Brigade Combat Team (Airborne), 25th Infantry Division during the unit's deployment ceremony at Sullivan Arena, in Anchorage, Tuesday. (U.S. Air Force photos/Staff Sgt. Zachary Wolf)



JBER

From Page A-1

Guard's 176th Wing supported the 773rd LRS in the pre-inspection process, getting a firsthand experience with a major deployment.

The 673d Force Support Squadron also played a part in preparing food for the troops heading out the door, making sandwiches, snacks, beverages and soups available for Soldiers.

"It's a massive team of folks that come together and cooperate and bring it all together," Lawson said.

"No one is going to let the mission fail, we're going to make it happen and do it right and do it well."

Soldiers from the 4th Brigade Combat Team (Airborne), 25th Infantry Division make their way to a Boeing 737 as they prepare to leave for a deployment to Afghanistan Monday. The nearly 300 Soldiers who left Monday made up the 4-25th's initial departure for the unit's most recent deployment to Afghanistan. More than 3,500 Soldiers are scheduled to depart Joint Base Elmendorf-Richardson en route to Afghanistan through mid-December. Air Force logistics units provide support during deployment processing. (U.S. Air Force photo/Senior Airman Christopher Gross)

Sim Center preps medical teams for emergencies

By Air Force Staff Sgt. Robert Barnett
JBER Public Affairs

“Move it!” The on-scene commander yells. “This is bad; it’s real bad!”

The medical response team rushes in while the commander continues, “Someone was hit with an IED and it’s bad! We need you to save his life!”

A door is thrown open, giving them access to the victim.

“Whoa...” The reaction causes the briefest of hesitation. A figure is lying on the ground, uniform in shreds and soaked in blood. There are multiple burn marks on the victim’s face mixed in with active sweating and tears, and debris all around, but what stands out more is the lower torso. The legs appear to have been ripped off, or more likely blown off, leaving bloody stumps with bone, muscle and tissue sticking out, blood oozing across the floor. Somehow, the stumps are still kicking. If the sight of the situation wasn’t enough, the sound of the victim screaming in pain, panic and desperation muffles any attempts at verbal communication.

These types of scenarios are unfortunately common enough in the battlefield that they demand the medical response teams, or frankly any first responder with some self aid and buddy care training, be capable of kicking into action and taking at least the basic survival steps. Clear the victim’s airway, keep them breathing and stop the bleeding. Treat for shock. Dress and bandage the wounds. Perhaps the most important; get them out of harm’s way as much as possible.

In the above case, the 673d Air Base Wing, Joint Base Elmendorf-Richardson medical team did what they were trained to do. Once the final step was taken to ensure the patient’s survival, the scenario was ended. The figure on the floor stopped kicking and screaming and the blood stopped flowing. An instructor stepped into the room and began discussing the actions taking with the team. Debriefing is probably the most aspect of the simulation; time taken between instructor and students do go over everything in precise detail.

The instructor knows exactly what happened and has a documented record of the entire scene action by action. He was able to watch everything from another room. A few vantage points record the events, such as a webcam in the ceiling that is synced with the main computer, used to provide video documentation of every action the nurses and physicians perform. The main vantage point is the two-way mirror, through which he can control the robot on the floor remotely using a wifi network.

With a few keystrokes and clicks on a laptop, he can adjust the extremely realistic human-looking mannequin’s heart rate, breathing, sweat, tears, fake blood or just about any other detail to simulate everything that a real human victim would do.



Medical students practice treating a “patient” suffering from cardiac arrest during a training scenario simulating a medical emergency at the 673d Medical Group Simulation Center Nov. 10. The students come from a variety of medical departments to get the realistic practice. The “patient” is a high-tech manikin called SimMan equipped to simulate every sign and symptom a real patient would display. The training is performed with an instructor observing through a two-way mirror and recorded using action-by-action video and data collected using a Wi-Fi network. (U.S. Air Force photo/Staff Sgt. Robert Barnett)

The mannequin, called Laerdal SimMan3G, is a completely wireless high fidelity robot that even has a microphone in its ear, a speaker in its mouth and cameras in its eyes.

The eyes can also dilate and perform other functions such as crying. They also have similar full body mannequins and an infant mannequin that are wireless.

“We don’t want the first time a physician or a nurse sees a real situation to be the first time they’ve ever had to work with that situation,” said Gavin Gardner, an Air Force medic for nine years and now ICF International simulation coordinator for the 673d Medical Education and Training. “We make simulations as real as they can possibly be without actual hurting anyone or causing real damage.”

SimMan sweats and cries because people cry, Gardner explained. It has a pulse in multiple locations because people do. It bleeds because people bleed, and when someone puts a tourniquet on his leg stumps correctly, that bleeding will stop, he said. Some models even have hair in places people do, keeping things “real.”

“When I was in the Navy, a simulated situation usually meant actually pretending to see something that wasn’t there,” said Will Enfinger, a Navy medic for seven years and

now ICF International simulation operator. “You had to look up at your inspector to get information like vitals, or to see how the victim responds to treatment. But the way we’re able to train today, when we put SimMan in front of you, now the patient is able to do everything a real patient would do.”

The goal is to de-sensitize first responders, to let them make the mistakes in the training environment and get experience working with emergencies they don’t get on a daily basis.

“If we have one department that mostly deals with heart attacks all the time, and another that deals with seizures regularly, we can given them scenarios where they get to treat those other things,” Gardner said. “And we’re capable of more than just medical training. We provide scenarios for wing training exercises on the flight line, and we’ve even done zombies.”

The Simulation Center provides realistic training, taking the scenarios on location to departments such as the intensive care unit, the operating room and other hospital locations.

They also provide classes for advanced cardiac life support, pediatric advanced life support, self aid and buddy care, mock code blue and more.

Their training is also supported in affili-

ated units such as the Alaska VA clinic, 673rd Security Forces, JBER Fire and Rescue and various Army units around the joint base.

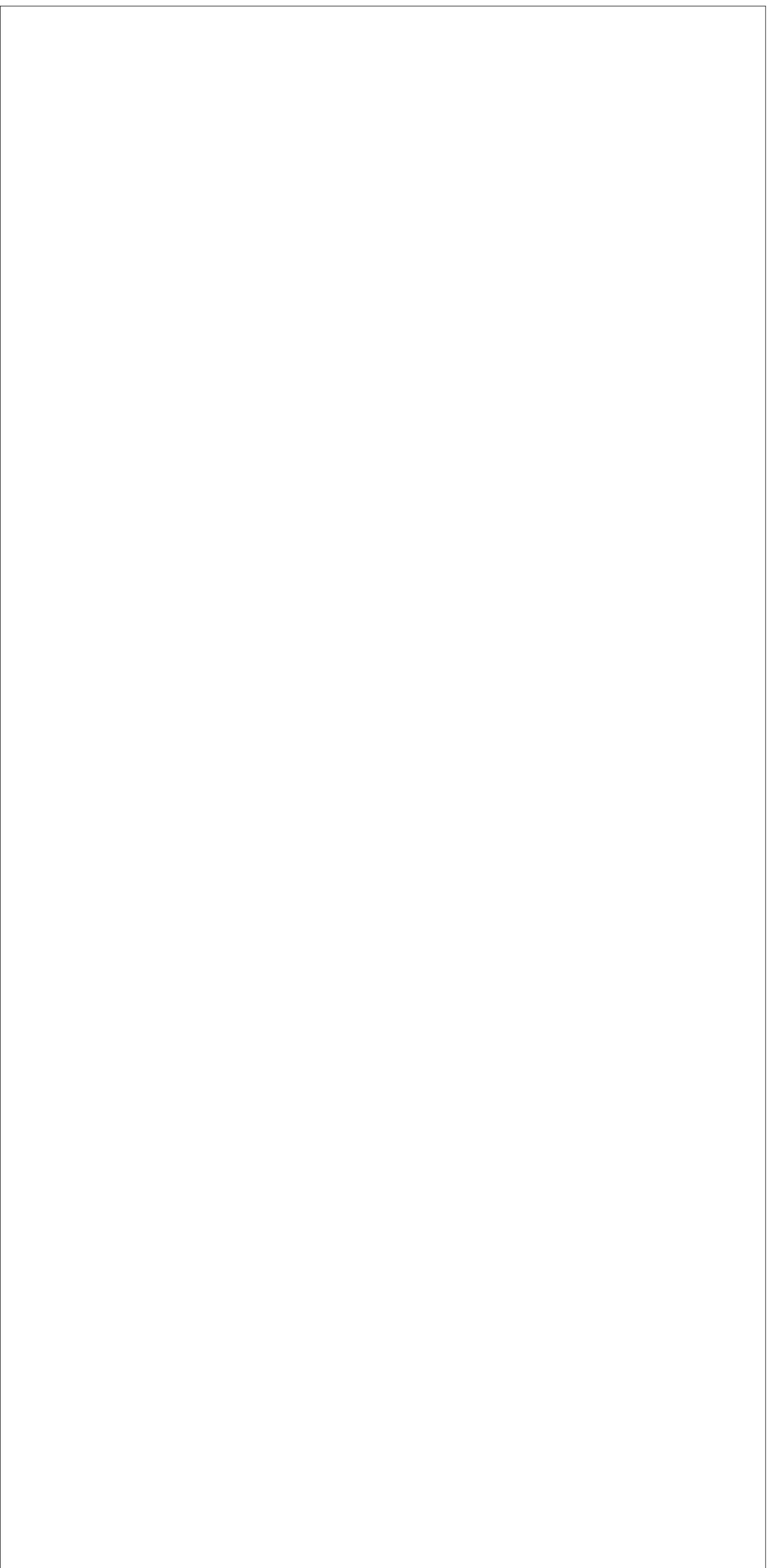
The 673d Simulation Center mentors sites across the Pacific Air Forces, including in Hawaii, Guam, Japan and Korea. They trained 673d Security Forces personnel for the ATSO Rodeo in McChord Air Force Base in July. They also mentor sites at Randolph Air Force Base, Camp Bullis, Wright-Patterson Air Force Base, Travis Air Force Base, Keesler Air Force Base, Nellis Air Force Base and Luke Air Force Base, as well as sites in Germany and Italy.

Their unique approach to training is to remove instructors from the direct simulation environment.

With the technology allowing the patient to respond appropriately, the instructor can later provide valuable debriefing and the students are able to look back at their performance by analyzing the videos of the scenarios within the lab.

“The Simulation Center is available to enhance your training needs,” Gardner said. “We are eager to hear your training ideas and would like to develop a way to incorporate simulation into the training platform.”

For more information, contact Gavin Gardner at 580-5652 or gavin.gardner@elmendorf.af.mil.





673d Air Base Wing earns Pacific Air Forces awards

By Air Force Staff Sgt. Cynthia Spalding
JBER Public Affairs

Arctic warriors won big in the 2011 PACAF awards, Nov. 16. Air Force Col. Robert Evans, Joint Base Elmendorf-Richardson and 673d Air Base Wing Commander, expressed his congratulations to both the 673d Security Forces Squadron "Defenders" and the 673d Civil Engineer Group for their showing in the PACAF awards this year. "The 673d Air Base Wing did

extremely well and earned honors in eight categories, including the coveted Maj. Gen. L. Dean Fox Award, the Harry P. Reitman Award and the Society of American Military Engineers Goddard Medal," Evans said.

The 2011 673d CEG PACAF Annual Award Winners are as follows:

The Maj. Gen. L. Dean Fox Award, Senior Military Manager, was awarded to Air Force Lt. Col. Pete Berube, 773rd Civil Engineer Squadron, commander.

The Harry P. Reitman Award

was awarded to Darryl Parks, 773rd CES.

The Society of American Military Engineers Goddard Medal was awarded to Air Force Master Sgt. Jonathan Estrada, 773rd Civil Engineer Squadron.

The Outstanding Civil Engineer Manager of the Year Award, civilian manager, was awarded to Sean Grady, 673d Civil Engineer Squadron fire department.

The 673d CES Asset Management Flight, Natural Resources Element, took three awards; the General Thomas D. White En-

vironmental Restoration Team Award, Natural Resources Conservation Team Award and the Cultural Resources Management Award.

The Air Force Energy Conservation Team Award was awarded to the 673d CES Asset Management Flight, Asset Optimization Element.

The 673d Civil Engineer Group was not the only unit to take a chunk of the PACAF-level awards this year.

The 673d Security Forces Squadron, also earned their fair

share of awards.

Arctic Defenders earned four of the 12 awards, sweeping the noncommissioned officer awards and two of three civilian awards.

Air Force Master Sgt. Landon Branch received the outstanding Security Forces, flight-level, NCO award, and Tech. Sgt. Jarod Cappon received the outstanding Security Forces, support staff NCO award.

Jeremiah Hamilton and Ismael Treviso received the outstanding Security Forces, flight-level, civilian employee awards.

Briefs and Announcements

Holiday greetings

Joint Base Elmendorf-Richardson Public Affairs representatives will be at the Joint Military Mall Christmas tree Monday and Tuesday from 9 a.m. until 3 p.m. to film holiday greetings for TV stations in the Lower 48.

Service members and families are welcome to this first-come, first-served opportunity to greet family members via local news stations.

Greetings will air over the holidays. For information, call 552-8151.

Career fair

The 2011 Military Spouse Career Fair will be held at the Education Center, Building 7, JBER-Richardson Tuesday from 10 a.m. to 3 p.m.

Call 384-6716 for info.

Government employee union meeting

American Federation of Government Employees 1101 will hold a meeting Dec. 13 in the People Center at 5 p.m.

The 2012 federal budget will be reviewed and discussed.

All members please plan to attend. For more information call 753-7154.

Defense Biometric ID System

All DoD ID card holders are required to enroll into the Defense Biometrics Identification System on Joint Base Elmendorf-Richardson to include Active Duty, Reserve, Army National Guard family members and retirees.

All personnel are required to be registered by January 2012. Register at the People Center, Building 8517, Room 100 from 7:30 a.m. to 4 p.m. or at the main entrance of the JBER hospital. People can also register at the Visitor Control Center which is open 24 hours a day, seven days a week.

Personnel not registered by January 2012 will incur delays at the gate and be forced to the already busy Visitor Control Center to gain access to JBER.

Dining facility change

The Wilderness Inn, in Building 647 assumed all JBER-Richardson dining facility operations Oct. 31.

The Gold Rush Dining Facility in Building 655 closed and is scheduled to reopen 90 days after the return of 4th Brigade Combat Team (Airborne), 25th Infantry Division.

Hours for the Wilderness Inn are:

- Monday thru Friday
- Breakfast: 7-9 a.m.
- Lunch: 11 a.m. to 1 p.m.
- Dinner 5-6:30 p.m.
- Saturday and Sunday
- Breakfast: 8-10 a.m.
- Lunch: noon to 1:30 p.m.
- Dinner 4-5:30 p.m.

Renters insurance

Aurora Military Housing is providing free renter's insurance to tenants of all Joint Base Elmendorf-Richardson housing.

The renter's insurance will be provided, at no cost, to all existing and future JBER residents under a blanket policy with Great American Insurance.

For those tenants currently under the Aurora Allstate Policy, conversion to the new policy will be totally transparent and will be taken care of by Aurora.

Aurora will continue to honor its reimbursement arrangement with those tenants who have previously elected renter's insurance coverage by an insurer other than Allstate. These tenants will be grandfathered under the previous reimbursement option and will continue to receive reimbursements during their stay with Aurora. A copy of the insurance policy will be available at the Aurora Military Housing office or visit www.auroramilitaryhousing.com.

Military publications

Visit the Joint Base Elmendorf-Richardson Public Affairs Office, 10480 22nd Ave., Suite 123, for copies of the following official military publications: the 2011 JBER Installation Guide and Phonebook (limited supply), Air Force Priorities poster series (large and small sizes), and Airman Magazine (2011 almanac issue).

City of Anchorage maps are also available.

Call 552-8918 for information.

Air Force ID card changes

Due to long wait times for walk-in customers, effective

Monday, all military members or Department of Defense civilians will be required to schedule an appointment via the Military Personnel Section Customer Service Appointment website at <https://673fssmpscustomer.clickbook.net>.

The MPS will only see military members on a walk-in basis if their card is lost, needs to be unlocked, certificates need updating, or it ceases to function.

It is also highly encouraged for appointments to be made for civilian employee, dependent, Reserve, National Guard and retiree ID cards.

Furnishings management

The Furnishings Management Office offers 90-day loaner furniture for Airmen arriving at or leaving JBER-Elmendorf.

The FMO also has appliances for Airmen residing off base, for longterm use.

Delivery and pick-up is provided for 90-day loaner furniture and appliances. The FMO also has longterm furniture for ranks E-1 through E-5.

These items are available on a first-come, first-served basis. The service member is responsible for transporting these furnishings. Airmen should take a copy of PCS orders to the Government Housing Office at 6346 Arctic Warrior Drive to schedule delivery. Call 552-2740 for any questions regarding the FMO program. Hours of operation are Monday through Friday, 8 a.m. to 4:30 p.m. Soldiers can call 384-0092 for the JBER-Richardson FMO.

Rental Partnership

The Rental Partnership Program is available to all eligible active-duty members and consists of two options. The first option, RPP Plus, includes utilities and sometimes cable costs providing an easier budget with a set rental payment year round.

The other option, RPP 5 Percent Below Market, saves the member five percent off the rental fee that other tenants pay however utilities are paid for by the tenant.

Both options are made available with no deposits or fees to the member with the exclusion of pet fees as it may apply.

This program is designed to provide active-duty military personnel, enlisted and officers, accompanied and unaccompanied with affordable off-base housing.

An allotment must be executed under either option of the RPP for the rental payments which is made directly to the landlord resulting in a more trouble free transactions.

See RPP officials at the Capital Asset Management Office, Building 6346, Arctic Warrior Dr., or call at 552-4328 or 552-4374 for further information and assistance regarding this program.

U-Fix-It Store reopened

The U-Fix-it Store, previously known as the Self Help Store on JBER-Richardson, reopened in Building 706 to all Aurora Military Housing tenants.

Assorted items for maintaining your home may be issued from the U-Fix-It Store.

The items available are subject to change and limits and some may have a cost.

There are also American flag kits, and fire extinguishers available. U-Fix-It work includes all home maintenance activities.

Its purpose is to allow the occupant to make minor improvements and repairs to their home and cut down on the amount of service orders at maintenance.

This allows tenants to do work in their homes themselves, thus improving the appearance of the interior as well as the exterior of the home.

There are two stores located on base. The JBER-Elmendorf location is 6350 Arctic Warrior Drive and it is open 8:30 a.m. to 5:30 p.m., Monday through Friday and Saturday, 9 a.m. to noon and 1 to 4 p.m. (closed for lunch noon to 1 p.m.).

The JBER-Richardson location is Building 706 1st St., open from 8 a.m. to 5 p.m., Monday to Friday; Saturday usage will require using the JBER-Elmendorf location.

For U-Fix-It information call 743-9070. A window blind cleaning machine is currently located at the JBER-Elmendorf location.

There will also be window blind cleaner installed at the JBER-Richardson within one or two

months. A "reservation required to use" policy is in place with the priority going to military members PCSing. For more information, call 552-4439.

MiCare registration

MiCare, the online personal health record and secure messaging application, has been available to patients and medical group staff at Joint Base Elmendorf-Richardson since December.

More than 2,400 patients have already signed up to take advantage of the ability to communicate with their primary care clinicians online. Registered patients also have access to electronic records, allowing them to view and maintain their health records.

The 673d Medical Group is the first Air Force site to test this system.

Once registered, patients have the ability to participate in the study by completing a short series of surveys during the course of the next year. This provides an opportunity for all active-duty, retired and dependent patients to have an impact on shaping the future of Air Force health services.

To register, visit the Military Treatment Facility, where enrollment specialists are available in each primary care clinic.

All beneficiaries who are enrolled in the family health, pediatrics, flight medicine and internal medicine clinics are eligible to participate.

Patients need to show a military identification card and provide some basic information, including name, social security number, birthday and email address.

The enrollment specialist will enter the information and patients will receive an email which contains a link and instructions for completing the registration process.

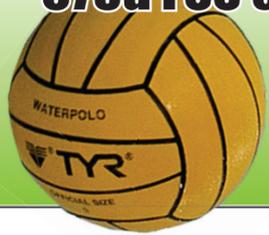
The project team is monitoring results in order to develop future implementation plans.

The Air Force is also interested in understanding how this new technology impacts the quality of health care provided to patients, as well as the overall well being of the patient population.

A research team is conducting a study in conjunction with this pilot program.

673d FSS clinches water polo title

JBER champions battle it out in four-game championship, Page B-4



Don't bite!

Craigslist scammers still using service member names, Page B-7

www.jber.af.mil/news

COMMUNITY

Volume 2, No. 48

Joint Base Elmendorf-Richardson

December 2, 2011

OH, DEER!



Members of the Joint Base Elmendorf-Richardson First Sergeants Council escort Santa's reindeer during the holiday tree lighting ceremony Nov. 25 in downtown Anchorage. (U. S. Air Force photo/Tech. Sgt. Dana Rosso)

When Mother Nature gives you dark, freezing cold nights Turn on the ice lights

By John Pennell
JBER Public Affairs

I make ice candles when it gets cold, and people usually ask me how to do it.

It's not a complicated recipe. When it's really cold outside, you fill a bucket with water and leave it out until it freezes.

Ta da.
OK, it is a little more complicated than just that. You have to start with the right bucket, you have to know how long to leave it outside and you have to know what to do with the ice that is created.

Choosing the right bucket to make ice candles is fairly simple. Don't choose anything made of metal, anything with a seam or anything made of hard plastic.

I like using the soft plastic buckets usually sold to wash your car, because these buckets stay pliable when they're cold.

Soft, pliable buckets expand with water as it becomes ice. Metal or hard plastic buckets don't allow for as much expansion, and generally burst – either at the seams, or just all over.

Some plastic trash cans work

well also, and allow you to vary the shape and size of your resulting ice cubes.

So you've got your buckets and the nighttime temps are expected to be well below freezing.

Carefully fill your buckets with water and set them outside to chill. Colder temperatures obviously mean faster freezing, but how long you leave your creations in the cold is really a matter of trial and error.

Here's what I have learned through years of both:

1. The top of the water in your bucket freezes first and is always thickest.

2. The sides freeze next, and if you bring your bucket in too early, they will crack and spoil the result.

3. The bottom freezes last and is usually thinnest, unless you leave the bucket out too long.

The ideal situation is to bring your buckets in when the ice is nice and thick on the top, sturdily thick on the sides and not too thick on the bottom. It's kind of like a Goldilocks equation.

Now you have your perfect (I hope) bucket filled with a perfect (I hope) chunk of ice.

Take it into the house to the



Ice candles illuminate the front porch of my home in Wasilla. (U.S. Air Force photos/John Pennell)

nearest sink or bathtub and invert the bucket to allow the ice chunk to fall out. It may help to run a little warm water over the outside

of the bucket to encourage the ice to come loose.

Now what was the top of the chunk is the bottom. This is what you want.

You should have a nice bubble of unfrozen water inside the chunk, and now you'll want to drain it.

I carefully use an ice pick (not an ice axe) for this procedure.

Please use extreme caution here and don't employ steak knives, hatchets or other sharp implements to poke a hole in the ice (or your body parts).

I take the ice pick and a small hammer and gently chip a hole in what was the bottom of the ice chunk.

You need a hole large enough to drain the water, but also large enough to eventually fit a candle into your chunk of ice.

Once you have liberated the

water, simply take your chunk back outside and place it where you want to display it, with the hole you carved facing up.

Once it is set, simply place a small tea candle or votive candle inside and light it with either a long match or lighter.

(Please make sure you put the candle in before you light it...otherwise you will burn yourself. Don't ask how I know this.)

If your housing area doesn't allow lit candles (please check before you start the process), you can also place either a small battery-operated light or a more colorful chemical light inside the ice to produce the desired lighting effect.

The result is a simple, easy-to-make ice candle which will help you make it through Alaska's cold winter nights and provide a little beauty for your neighbors as well.



Water-filled buckets sit in freezing temperatures to create ice candles.



MilConnect provides fast, easy service – and less snail-mail

Cut down on paper and use DoD site or app for most benefits transactions

Armed Forces News Service
News release

A range of information about Defense Department benefits information and eligibility is now available online, the director of the Defense Manpower Data Center said yesterday.

Two new online efforts -- milConnect and eCorrespondence -- give beneficiaries 24/7 access to personnel information; the ability to update information related to health, education and other benefits; and email notifications about changes in benefits, Mary Dixon told American Forces Press Service.

"At the Defense Manpower Data Center, one of our many responsibilities is to be the interface with beneficiaries, especially on benefits and eligibility for benefits," Dixon said.

MilConnect, available online and through a mobile application for the Android smart phone, was known for a year as the mydod-benefits website.

The revamped milConnect site is avail-

able online, around-the-clock, to all DOD beneficiaries and their spouses and children age 18 or older.

Users can sign on in several ways, Dixon said.

Anyone who has a common access card, a Defense Finance and Accounting Services myPay account logon, or a DOD Self-Service or DS logon can sign in on the MilConnect website, or apply at the site for a DS logon.

MilConnect information comes from the Defense Enrollment Eligibility System called DEERS. Eligible users are active duty, National Guard and Reserve members; and military retirees, spouses and eligible family members age 18 and older.

Sponsors can view information about all dependents listed in DEERS but for now eligible dependents can see only their own information.

Beneficiaries who use milConnect, Dixon said, can update DEERS contact in-

formation, manage health care enrollments, locate the nearest military ID card issuing facility, view personnel information, transfer education benefits to eligible family members, view group life insurance information, and manage other information.

Army National Guard, Air Force Reserve and Air National Guard can update civilian employment information.

The mobile application works today on Android phones, but Dixon said her center is in the process of making MilConnect available for iPhones and other smart phones and mobile devices.

The smartphone app lets users find sites for the Real-time Automated Personnel Identification System called RAPIDS, where military members receive new ID cards, military treatment facilities, and contact information for Tricare regional offices.

Related to milConnect, Dixon said, is an initiative called eCorrespondence that will

use email notifications of changes in benefits rather than postal service letters for active-duty service members and National Guard and Reserve service members on periods of active duty.

Email notifications will be sent to the email address associated with a service member's common access card, Dixon said.

Beginning this month, service members will receive email notifications of a change in Tricare primary-care manager, of potential eligibility changes when a child turns 21 or 23, and of the ability to view or print a Tricare enrollment card and welcome letter after enrollment into a Tricare medical or dental program.

The email notifications will refer service members to the milConnect web portal.

Service members will be able to check Tricare eligibility and information through the MilConnect portal, whether or not they receive an email notification.

Dixon said service members also can opt out of the email notifications.

"We're hoping to continue to expand both the things that we let you know by email and to expand to other kinds of benefits changes and to additional populations," she said, including retirees.

"It's a little bit hard with retirees because we don't necessarily know their email addresses," she added. "But that's something they can enter into the system on milConnect."

To log on, visit <https://www.dmdc.osd.mil/milconnect>.



Chaplain's Corner: God's community is still important

Commentary by Air Force
Chaplain (Maj.) Dwight Croy
JBER Chaplain

"Therefore when you come together in one place, it is not to eat the Lord's Supper."
I Corinthians 11:20

In the mountains of northern Oregon more than five decades ago, there was a new and struggling church.

The railroad, lumber, and agriculture – needing hard work and determination – were the town's backbone.

The mortality rate of children was high; jobs were butterflies that would flutter from place to place.

Entertainment was what we made it; boys like me were entertained by climbing trees, burning holes in slugs with a magnifying glass, and letting my dad's prized angel fish (a rare thing to have back

then) swim away in the ditch.

People sometimes shared a little hard candy, fruit, or a homemade cookie.

Since those things were not abundant, thankfulness came easily. In spite of the hardships, relationships had great value, community purpose was strong, and faith in God very much alive.

The lonely whistle of the train through our town seemed to be a picture of the deep spiritual needs of the community.

A preacher doesn't often sweat in his line of work, but as a child, I saw my father sweat, pouring himself out to a spiritually thirsty community.

On Sunday, people would cram into our church, a little crumbling brick building which had been a bank, heated by a metal stove in the middle of the room.

The sound of study and prayer was a sound of strength in this

spiritual community.

In a child's eyes, motivations for being in church were simple and quite often black and white. Big families came for the potlucks, all people came for friendship, some to show off themselves or something they had.

As the pastor's kid, I knew people just liked to listen to my dad, because he was perfect in my eyes.

One man confused me. A big man with a wooden leg – a real "pirate" peg leg – he was grouchy. And he would only show up for the Lord's Supper.

The ushers would faithfully serve communion to everyone, but every time the elements came around to this man he would curse and make a fuss that they were offered to him at all.

Time after time, month after month, the commotion in the back of the room was relived.

My young mind could make sense of everyone's motivation except for this particular crude man.

God had given me a personal pointer.

No matter what the motivation or where your heart is with God, communion, or the Lord's Supper, is important.

Also, our communion with each other is proof of our communion with God.

Evidently, this man had started a relationship with God, but knew in his heart that he had not made things right.

I often think of that interesting man from my childhood to measure my walk with God.

At times, my spiritual life has struggles. Then I am the peg-legged man, not ready to break my pride and get right with God.

Although I'm quieter than he was, the noise in my heart is the same.

Communion, through symbols, teaches us the foundation of our Christian faith. Do we really go to communion to eat? Who could fill up on that little wafer and cup anyway?

The point is your relationship. At times mature Christian men and women do not partake of the Lord's Supper.

In their heart, they are that grouchy old peg-legged man, desiring to be right with God. And they are exactly where God wants them to be. They are observing the basics to get right with God.

My prayer for Soldiers, Airmen, and their families in this community is that they go to a church or chapel and observe the basics.

How many times are we to do this?

The answer, according to Scripture, is until our Savior returns.

Is your heart ready for his return?



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JBER - Elmendorf

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Free
December 5 and 6
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Ski Area
552-4838

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Monday - Friday
10 a.m. - 2 p.m.

FREE Cross-country Skis For Day Use Only as Part of the "Fit to Fight" Program
Season Rental Packages available at JBER Outdoor Recreation Centers.
Call 552-2023 for more information on rentals.

Dyea Ski Center OPEN

for equipment rentals.
Fri: 3-8 p.m., Sat & Sun: 12-8 p.m.

Ski & Tubing Hill Open!
Tubing Hill: 50 min. for \$3 pp.
Be on the lookout for snow machine trips in December.
Call for updates!

Dyea Ski Center: 384-2960
JBER Richardson Outdoor Recreation: 384-1475

Community happenings

FRIDAY AND SATURDAY

Eagle River holiday events

Check out the Winter Wonderland Walk at the Town Square Park, with a community tree lighting, school choirs, Santa and eight real reindeer, and sleigh rides on the docket.

Friday and Saturday, Eagle River hosts the Merry Merchant March with carolers, munchies, and a holiday competition, including a wide array of gingerbread houses.

For information, call 694-4702.

FRIDAY THROUGH DEC. 15

Anchorage Film Festival

This provocative showcase of some of the best independent film and video from around the world kicks off Dec. 2 in various venues around Anchorage. Now in its 10th year, the festival is the biggest ever.

For more information visit www.anchoragefilmfestival.org or call 338-3690.

SATURDAY

Bargain shop open

The Bargain Shop will be open from 10 a.m. to 1 p.m. at 8515 Saville Ave. Check out holiday decor, toys, games, winter gear and more. Volunteers and donations welcome.

For information call 726-9059.

Rage City Rollergirls

Anchorage's own women's roller derby features its third bout of the fourth team season at the Dena'ina Center. Doors open at 6 p.m. and wheels roll at 7.

For more information visit www.ragecityrollergirls.org.

Jingle Bell Run/Walk

This timed 5K run and walk and 1K Children's Run With the Elves follows the coastal trail. Register at www.anchoragejinglebellrun.com. There are costume contests, holiday music, a visit with Santa and his reindeer, and plenty of other fun.

For information call 277-2784.

Alaska Native bazaar

More than 60 tables will feature Alaska Native arts and crafts – beading, baskets, regalia, carvings, jewelry and more. Find a unique gift for someone on your list at the Alaska Native Heritage Center from 10 a.m. to 5 p.m.

For information visit www.alaskanative.org or call 330-8000.

information, call 742-2500.

For information call 338-1440.

SUNDAY

AFROTC spaghetti dinner

Air Force Reserve Officer Training Corps Detachment 001's booster club hosts a spaghetti dinner at the Eagle River Elks Lodge. UAA Chancellor Tom Case will speak on leadership. Cocktails start at 6:30 p.m. and dinner starts at 7 p.m.

For information, call 328-9302.

TUESDAY

JBER career fair

Service members and spouses are invited to the JBER Education Center's 2nd floor and lecture hall to learn resume techniques, networking, interviewing and negotiation from 10 a.m. until 3 p.m.

Room 237 will be available with resume assistance Thursday and Friday, also from 10 a.m. until 3 p.m.

For information call 384-6716.

DEC. 6 AND 7

Band of the Pacific

The Air Force Band of the Pacific presents "Sounds of the Season" at the Alaska Center for the Performing Arts at 7 p.m.

For information call 263-ARTS.

DEC. 7, 9 AND 10

Alaska Aces games

The Aces face off against the Utah Grizzlies at Sullivan Arena at 7:30 p.m. all three nights.

Visit www.alaskaaces.com or call 258-2237.

DEC. 8

Christmas tree lighting

Chapel 1 on JBER-Elmendorf hosts this Christmas tree lighting service beginning at 5 p.m. Refreshments and a special guest will follow the service.

For information call 552-4422.

Nelly concert at Dena'ina

Grammy Award winner Nelly plays at the Dena'ina Center at 8 p.m.

For information call 263-2850.

DEC. 9 AND 10

Nutcracker: All Jazz'd Up

Anchorage West High Dance presents the Nutcracker Ballet in a jazz motif. Visit the West High auditorium at 7 p.m. Dec. 9 or at 3 p.m. Dec. 10 for a matinee with Santa and his elves. For

DEC. 10

Annual TubaChristmas

Begun in 1974 as a tribute to the late artist and teacher William J. Bell, TubaChristmas is presented in 200 cities around the world. Anchorage's version is in the Alaska Center for the Performing Arts at 1 p.m. Decorated tubas and a festive atmosphere are great family fun.

For information call 263-ARTS.

Alaska Holiday Train

Get into the holiday spirit with a train ride from Anchorage to Indian and back. Each two-hour ride features a visit from Santa and a magician, coloring contests, door prizes and carolers.

For information call (800) 544-0552.

DEC. 11

Holiday concert

The Anchorage Museum hosts an afternoon of merry music at the annual concert. Enjoy the "Wonderland of Toys" exhibit and listen to holiday favorites by the Anchorage Concert Chorus, the Alaska Native Cultural Charter School and other local musicians. Admission is free.

For information call 929-9200.

DEC. 16

Curator's Smithsonian Arctic Studies Center tour

The Anchorage Museum hosts a tour of the Smithsonian's Arctic Studies Center, with more than 600 Alaska Native artifacts on loan. Curator tours are offered on the third Friday of each month at noon.

For information call 929-9200.

DEC. 17

Christmas Village

The Dena'ina center hosts the fourth annual Christmas Village, featuring 200 vendors selling an assortment of gifts for everyone on your list. Admission is free.

For information call 272-5634.

Christmas Around the Samovar Russian style

St. Innocent Russian Orthodox Cathedral hosts this festival of food. Gourmet cookies, tea, Christmas foods, fish pies, clam chowder, borscht and so more provide a taste of Russian culture from 10 a.m. to 4 p.m.

Gingerbread carnival

Get into the holiday spirit with the kids by making and decorating gingerbread houses, having photos with Santa, and making presents for friends. Head to the Spenard Recreation Center from 1 p.m. to 3 p.m. Parents must stay with the children.

For information, call 343-4495.

DEC. 18

Family Holiday Pops

The Alaska Center for the Performing Arts hosts this holiday concert starting at 4 p.m. to put you in the mood for the season.

For information call 263-ARTS.

DEC. 31

New Year's Eve dance

Dance your way into the New Year at the Dena'ina Center with Five Star Entertainment's DJs and three different themed dances.

For information visit www.fivesteralaska.com.

THROUGH DEC. 21

It's A Wonderful Life

The beloved holiday classic comes to life as a 1940s radio broadcast at Cyrano's Off-Center Playhouse. Get into the holiday spirit with this classic.

For information call 274-2599.

ONGOING

Thursday Nights at the Fights at Egan Center

Seven boxing matches at the Egan Center begin at 7:30 p.m. every Thursday evening. Tickets are available at the door or in advance through Ticketmaster.

For information call 263-2800.

"All That Glitters: Images from Alaska's Gold Rush"

This exhibit uses photos to tell about prospectors who came north during Alaska's gold rushes.

For information, call 929-9200, or visit www.anchagemuseum.org.

Wired Cafe for Airmen

The Wired Cafe is located at 7076 Fighter Drive and offers a home-away-from-home atmosphere. There are free home-cooked meals Thursdays, with dinner served at 6:30 p.m.

For more information call 552-4422.

Chapel

services

Catholic Mass

Sunday

9 a.m. – Soldiers' Chapel
10:30 a.m. – Elmendorf Chapel 1
5 p.m. – Soldiers' Chapel

Monday through Friday

11:40 a.m. – Soldiers' Chapel
Monday, Wednesday and Friday
11:30 a.m. – Elmendorf Chapel Center

Thursday

11:30 a.m. – Hospital Chapel

Confession

Sunday

4:30 p.m. – Soldiers' Chapel

Monday though Friday

Before/after 11:40 Mass – Soldiers' Chapel

Protestant Sunday

Services

Joint Liturgical Service

9 a.m. – Elmendorf Chapel 2
Celebration Service

9 a.m. – Elmendorf Chapel 1

Contemporary Protestant Service

11 a.m. – Soldiers' Chapel

Gospel Service

Noon – Elmendorf Chapel 1

Contemporary Protestant Service

5 p.m. – Elmendorf Chapel 1

Buddhist

Soka Gakkai Goshu

7 p.m., first Friday of the month – Chapel Center (10427 Kuter Ave.)

1, 2, 3 Magic classes

Family Advocacy hosts this class on handling difficult behavior in children and encouraging good behavior in a clear, fair way. The techniques work even for children with disabilities and attention deficit disorder.

This three-session class meets from 10 to 11:30 a.m. at the Education Center in Room 224.

For information on this or any other programs offered by Family Advocacy, call 580-5858.



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Win
NFL Tickets
Super Bowl Party Package
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New Football Menu
Free Member Breakfast on Sundays • 8 a.m.
Non-Member \$6⁵⁰
Call for more info!
18 Years and Older

655

Arctic Oasis
Winter Wonderland
December 17 • 10 a.m. - 2 p.m.

Tickets go on sale December 1st. Limited Availability
\$5 per person - Lunch Included
Visit With Santa
Take a Horse Drawn Carriage or Dog Sled Ride
See the Reindeer
Do a little Holiday Shopping and.....
Don't forget your camera!

WEEK 13	WEEK 14
Thursday, December 1 Philadelphia at Seattle 4:20 p.m.	Thursday, December 8 Cleveland at Pittsburgh 4:20 p.m.
Sunday, December 4 Tennessee at Buffalo 9 a.m. Kansas City at Chicago 9 a.m. Baltimore at Cleveland 9 a.m. Oakland at Miami 9 a.m. Detroit at New Orleans 9 a.m. Carolina at Tampa Bay 9 a.m. NY Jets at Washington 9 a.m. Atlanta at Houston 9 a.m. Cincinnati at Pittsburgh 9 a.m. Denver at Minnesota 12:05 p.m. Green Bay at NY Giants 12:15 p.m. Dallas at Arizona 12:15 p.m. St. Louis at San Fran 12:15 p.m. Indianapolis at N. England 4:20 p.m.	Sunday December 11 Houston at Cincinnati 9 a.m. Minnesota at Detroit 9 a.m. Oakland at Green Bay 9 a.m. New Orleans at Tennessee 9 a.m. Philadelphia at Miami 9 a.m. Kansas City at NY Jets 9 a.m. New England at Washington 9 a.m. Atlanta at Carolina 9 a.m. Tampa Bay at Jacksonville 9 a.m. Indianapolis at Baltimore 9 a.m. San Francisco at Arizona 12:05 p.m. Chicago at Denver 12:05 p.m. Buffalo at San Diego 12:15 p.m. NY Giants at Dallas 4:20 p.m.
Monday, December 5 San Diego at Jacksonville 4:30 p.m.	Monday, December 12 St. Louis at Seattle 4:30 p.m.

384-7619
The Arctic Chill is OPEN Sunday • 8 a.m. and Monday / Thursday • 3 p.m.

Moose on Parade

Pick up your moose pattern at Arctic Oasis Community Center

Build and decorate your wood cut-out with your own twist then display it in front of your home or squadron/unit. (Must be on JBER)
Judging will take place **December 16.**

Challenge Your Neighbors & Friends! Win FSS Bucks!

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Enjoy wintertime in Alaska - safely!



Alaska National Guard's Neil Fulsang launches a shot on goal against the C Company, 307th Expeditionary Signal Battalion defense in the third-place game of the Joint Base Elmendorf-Richardson inner tube water polo tournament Nov. 23 in the Buckner Physical Fitness Center pool. (U.S. Air Force photos/John Pennell)

673d FSS takes inner tube water polo title

By John Pennell
JBER PAO

Joint Base Elmendorf-Richardson's inner tube water polo season came to a splashy finale with four games culminating in a 673d Force Support Squadron championship Nov. 23 in the Buckner Physical Fitness Center pool.

FSS kicked off the evening by easily defeating the Alaska National Guard team, 15-4, in the first match on the strength of seven first-half points from Wrally Dahl.

The second game pitted the 95th Chemical Company against C Company, 307th Expeditionary Signal Battalion, with the 95th Chem rolling to an easy 26-10 win to advance to the championship match against FSS. Teammates Jason Moore and Josh Earle tallied 13 goals each to account for all of their team's scoring.

The third game saw the Alaska National Guard slip past C/307th ESB, 13-12, to take

third place in the tournament.

The championship match began as a shootout, with the two teams exchanging goals and neither able to expand a lead until FSS pushed out to a 13-10 edge at halftime on goals by Dahl and Reilly Kelleher.

In an effort to slow the FSS scoring attack, 95th swapped players, moving Moore to goalie and putting goalie Shalene Boring to offense.

The change helped, as Moore was better able to block the FSS shots on goal, but 95th missed Moore's contributions on offense, as the scoring now fell almost exclusively to Earle.

Earle managed five goals to tie the match at 15-15, but was then sent to the penalty box for two minutes for tipping an opponent out of his inner tube.

George Spohrer added another goal for the 95th, but FSS pulled away with a pair of late goals in the final minute of play and held on for an 18-16 victory.



Foti Papakristo goes for the block in 673d Force Support Squadron's first inner tube water polo match against the Alaska National Guard Nov. 23 at the Buckner Physical Fitness Center pool. 673d FSS easily dominated the AKNG team, 15-4, to advance to the championship match of the Joint Base Elmendorf-Richardson inner tube water polo tournament against the 95th Chemical Company. FSS slipped past 95th Chem with two goals in the final minute of play to win the match, 18-16, and claim the title.



Alan Kempa takes a shot for the 673d FSS against the 95th Chemical Company defense.



Josh Earle, 95th Chemical Company, maneuvers through the C Company, 307th Expeditionary Signal Battalion defense in Joint Base Elmendorf-Richardson inner tube water polo tournament action Nov. 23 in the Buckner Physical Fitness Center pool. The 95th cruised to a 26-10 victory and advanced to the championship game against the 673d Force Support Squadron. The PFC expects to have another round of inner tube water polo in the spring.



ABOVE: Alfredo Garcia, red, blocks a goal attempt by Danielle Hayes, blue, during the playoff finals between the 56th Engineer Company and the 381st Intelligence Squadron in the Buckner Physical Fitness Center Saturday.

ARMY SWEEPS INDOOR SOCCER AT BUCKNER



ABOVE LEFT: Miguel Murillo, center, in blue, takes the ball away from his team's goal during the playoff finals between the 56th Engineer Company and the 381st Intelligence Squadron in the Buckner Physical Fitness Center Saturday. LEFT: Red scores against blue during the playoff finals between the 56th Engineer Company and the 381st Intelligence Squadron in the Buckner Physical Fitness Center Saturday. The reds, representing the 56th Engineer Company, beat the blues, representing the 381st Intelligence Squadron, 7 to 4, earning 3rd place in the finals. The 95th Chemical Company earned first place and the F Company, 725th Brigade Support Battalion, earned second place. (U.S. Air Force photos/Staff Sgt. Robert Barnett)



U.S. Air Force photo illustration/Johnathon Green

U.S. Air Force: We don't deliver (not like that anyway)

By Chris McCann
JBER Public Affairs

Hi,

Thanks for replying to my ad. I'm in a hurry to find a buyer because I have a family emergency and I need to sell it before 22 November. My name is Larry. I'm an Air Force Staff Sergeant stationed at an AF Base in Anchorage, Alaska. The truck is here with me.

This 2000 Toyota Tundra SR5 4 Wheel Drive, has 72,000 miles on it, Automatic 4SPD, 4.7L V8. A/C, Cruise Control, Heated Seats, Tow Package, Traction Control and more... It has no damage, no scratches or dents, no hidden defects....

The price is \$2,690. If you want to buy this SUV I will take care of the delivery to your door (with an AF cargo plane to the nearest AF Base) and I will offer 5 days to inspect the vehicle and take it to your mechanic from the moment you receive it (and the option to accept or reject it), before I'll have your money...

Sounds too good to be true?

That's because it is.

This scam – and others similar to it – has been circulating on Craigslist for a few years now. Service members of all branches have had their names used as the “sellers” of these vehicles.

Often, the ad even states that an Air Force tow truck will take the vehicle from the

nearest Air Force base to the seller's house.

The photos are taken from other Craigslist ads, photo-hosting sites and even car dealership websites.

Unfortunately, people can and do get conned into sending money, and the car of course never shows up.

Air Force Staff Sgt. Amanda Gibson, an approving official for the 3d Munitions Squadron, was a “seller” – much to her surprise.

“I found out through an email from someone at Wright-Patterson Air Force Base,” she said. “I thought it was over. ...then I got a call from Security Forces at a base in Pennsylvania because a civilian had gotten in touch with them and asked if I was real.”

She was also mentioned in an article in the Hartford, (Conn.) Courant about the scam, she said.

In all, she has found her name in 61 scam advertisements, and continues to get occasional emails about the vehicle she's allegedly selling.

Gibson has filed reports with the Federal Trade Commission and the Air Force Office of Special Investigations, she said.

Unfortunately, there's not much that can be done. The scammers are not in the U.S. in most cases.

FBI Agent Tim Gallagher, section chief of the bureau's cyber division, said that the FBI has arrested people in connection with the scams overseas.

However, that may be cold comfort to

those who have been duped.

“I think service members' names are chosen because it's relatively easy to verify that we exist, and people want to trust military people,” Gibson said.

It's also easy to search for a name and get results – even phone numbers – which makes potential victims think it's legitimate.

Even Chief Master Sgt. Lisa Kuehnl, 673d Air Base Wing senior enlisted advisor, was shocked to get a call on her duty phone about a vehicle she was allegedly selling.

“I have sold things on Craigslist in the past, so the first email didn't surprise me. But I would never use the duty phone. That spooked me,” she said.

Alaska seems to be a good place for the scammers to claim as the car's location, since it's remote, Gibson said. Often, people don't realize it's a scam until they offer to make a trip to take a look at the car – which is almost always somewhere remote.

If a potential buyer offers to visit and test-drive it, suddenly there's “another offer” and the car isn't for sale anymore, or it's “already crated and ready for shipping.”

And what if you discover that you've been “trying to sell” a beautiful vehicle at a fraction of its blue-book value?

Fortunately, said a representative from OSI, it's usually not an actual case of identity theft – just theft of your name.

Scammers use web-based email addresses, like Gmail, to do the transactions; they're not hacking email accounts. They don't need

your social security number, your address, or any other information – just your name and your reputation as a service member – to get their money and disappear.

Most times, the ad states that “for your protection” the money will go to an escrow account with eBay until buyer and seller are both satisfied.

But eBay and Craigslist have nothing to do with each other. Just like Toyota won't repair your Ford, eBay won't broker money for Craigslist.

If you find that someone has used your name in connection with the scam, report it to local authorities like the Anchorage police, and report it to IC3.gov and ftc.gov.

OSI also recommends that you inform your chain of command. Some potential victims think that service members are the scammers, so ensure that your command knows what happened.

You can also file reports with the FBI and FTC, and it's never a bad idea to have a fraud alert on your bank account and credit cards.

And if you come across one of the ads, don't be fooled.

Craigslist and eBay both have prominent disclaimers reminding people not to use Western Union or MoneyGram for purchases – since once the money is sent, it's gone, with no recourse for the sender.

It's a good thing to bear in mind. While those services are great for sending money to a relative or friend, they're also often used by scam artists.

